



SKARDU TREKKERS

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K2 BASE CAMP AND GONDOGORO LA TREK DOSSIER

(Journey to the Heart of the Karakoram Range)

OVERVIEW

The K2 Base Camp and Gondogoro La trek is an iconic journey through Pakistan's Karakoram Range, famous for its dramatic landscapes and world-renowned peaks. This trek begins in Skardu, a serene town that opens into valleys dotted with small Balti villages. From there, trekkers move along the massive Baltoro Glacier, surrounded by some of the world's most impressive rock formations, including the Trango Towers and Uli Biaho. Arriving at K2 Base Camp is a remarkable moment, as trekkers find themselves standing beneath the towering K2, the world's second-highest mountain, alongside nearby giants like Broad Peak and Gasherbrum. But for those who want even more, the adventure continues up to Gondogoro La Pass. This high-altitude pass, reaching nearly 5,600 meters, offers sweeping views of four of the Karakoram's 8,000-meter peaks. The views are unparalleled, creating a deeply moving experience for anyone who undertakes the journey. Descending into the Hushe Valley, the scenery shifts to a quieter, more isolated beauty with green valleys and ancient paths. This section of the trek provides a softer but equally rewarding finish, blending scenic wilderness with cultural immersion. Given its demanding altitude and physical challenges, especially on the technical sections of Gondogoro La, this trek is best

suited for experienced adventurers with strong endurance. The ideal time to embark on this trek is between June and September when the weather and glacier conditions are most stable. The K2 Base Camp and Gondogoro La trek offers an unparalleled exploration of the Karakoram and is truly an adventure of a lifetime.

KEY FACTS:

Location: Karakoram Range, Gilgit-Baltistan, Pakistan

Duration: Approximately 15-20 days

Best Time to Visit: June to August

Elevation: Base Camp at 5150m and Gondogoro la at 5585m Approx

Difficulty Level: Challenging

HIGHLIGHTS

- ✚ Enjoy close-up views of K2, Masherbrum, Gasherbrum 4, Broad Peak, Trango Tower, Laila Peak, and numerous other huge peaks!
- ✚ Hike on the enormous Baltoro Glacier.
- ✚ Take part in a trekking adventure in expedition style and hike at high altitudes. Learn about Balti culture
- ✚ Explore K2 Base Camp and pay a visit to the Art Gilkey Memorial.
- ✚ Rest peacefully in cozy tents with the night sky as your ceiling.
- ✚ Enjoy tasty Pakistani cuisine and be served satisfying meals during your hiking adventure.
- ✚ Discover the historical background of mountaineering in the K2 area.
- ✚ Discover stunning glacial and alpine scenery.
- ✚ Embark on a journey with a lively group of individuals from around the world Explore the glaciers and stunning views of the Mighty K2.

QUICK FACTS

- ✚ **Total Duration:** 23 Days
- ✚ **Trekking Grade & Days:** Challenging (Mountaineering), with 14 trekking days
- ✚ **Accommodation:** Hotels and camping
- ✚ **Minimum Group Size:** 1
- ✚ **Maximum Group Size:** 20

COST FOR PRIVATE TREK

✚ For Foreign Trekkers

Group size	Cost per person in USD
Solo	\$3100
2 to 4 person	\$2000
4 to 8 person	\$1500
8 to 20 person	\$1000

✚ For Pakistani Trekkers

Group size	Cost per person in PKR
Solo	PKR775,000
2 to 4 person	PKR 500,000
4 to 8 person	PKR 390,000
8 to 20 person	PKR 250,000

THREATS AND RISK ASSESMENT

The K2 Base Camp and Gondogoro La Trek presents trekkers with extraordinary experiences but also substantial risks due to the rugged, high-altitude environment of the Karakoram Range. Here are the primary risks and hazards associated with this trek:

1. **Altitude Sickness (Acute Mountain Sickness – AMS):** Ascending quickly to high altitudes can lead to AMS, causing headaches, dizziness, nausea, and potentially life-threatening conditions like high-altitude pulmonary edema (HAPE) or high-altitude cerebral edema (HACE). Trekkers need to acclimatize properly, and Skardu Trekkers recommends a slow and steady pace with rest days for acclimatization.

2. **Unpredictable Weather and Extreme Cold:** Weather in the Karakoram can change unexpectedly, bringing snow, high winds, and freezing temperatures even in summer. Such conditions not only lower visibility and increase the risk of hypothermia but also can lead to delays in the itinerary. Trekkers should be prepared with layered clothing and adequate cold-weather gear.

3. **Tough Terrain and Rockfalls:** The trek to K2 Base Camp and over Gondogoro La involves rocky paths, loose scree, and glacial terrain with crevasses. Rockfalls are also a potential hazard, particularly in sections of Gondogoro La, which is known for its steep ascents and descents. Using appropriate footwear and being guided by experienced teams like Skardu Trekkers minimizes risks.

4. **Avalanches and Icefall Danger:** On glacial sections, avalanches and icefall hazards are significant. Careful route selection by expert guides and the right timing during the day (to avoid warmer periods that increase icefall risks) are essential for safety.

5. **Crossing Gondogoro La Pass:** This high-altitude pass, reaching approximately 5,585 meters, requires technical skills like using crampons and harnesses on steep sections. It's also prone to snow and ice, making it one of the more challenging parts of the trek. Having skilled guides, like those from Skardu Trekkers, helps manage these technical demands.

6. **Limited Rescue Access:** The remote location means that emergency evacuations are complicated, requiring either long treks back or helicopter rescues, which depend on weather conditions. Trekkers should carry adequate insurance that covers high-altitude trekking and helicopter evacuation.

7. **Physical and Mental Fatigue:** The trek's duration, altitude, and challenging landscapes can lead to physical exhaustion and even mental fatigue, which can reduce alertness and decision-making ability. Building endurance, maintaining hydration, and taking rest breaks help in managing this risk.

8. **Health and Sanitation Risks:** With limited sanitation facilities along the trek, there is a risk of waterborne illnesses. Trekkers should carry water purification methods and be cautious with food and hygiene.

To mitigate these risks, it is essential to trek with experienced guides, such as Skardu Trekkers, who have local knowledge, first-aid training, and the necessary technical expertise for high-altitude trekking. Proper acclimatization, adequate gear, physical preparation, and an understanding of altitude risks are also crucial for a safe and successful journey to K2 Base Camp and Gondogoro La.



Altitude and Acclimatization

Altitude and acclimatization are critical factors for a safe trek to K2 Base Camp and Gondogoro La, as these areas lie in the high-altitude Karakoram Range, where thin air and reduced oxygen levels make it challenging for most trekkers. Proper acclimatization helps prevent altitude sickness and ensures a safer and more enjoyable journey.

Understanding Altitude and Its Effects

As altitude increases, oxygen levels in the atmosphere drop, causing less oxygen to be available for your body. This can result in altitude sickness or Acute Mountain Sickness (AMS), which occurs when the body does not have enough time to adjust to the reduced oxygen. The key symptoms include:

✚ **Mild AMS:** Headache, nausea, fatigue, shortness of breath, and poor sleep.

✚ **Severe AMS:** If left unaddressed, symptoms can progress to life-threatening conditions such as High-Altitude Pulmonary Edema (HAPE) or High-Altitude Cerebral Edema (HACE).

Acclimatization Strategy for K2 Base Camp and Gondogoro La

Acclimatization is the process of adjusting to high altitude to allow the body to adapt gradually to lower oxygen levels. Here are recommended strategies:

1. **Ascend Slowly and Gradually:** Follow a structured itinerary with gradual altitude gains, allowing your body time to adjust. The typical approach to K2 Base Camp includes rest days at key elevations, especially at places like Paiju or Urdukas. This allows the body to acclimatize naturally, reducing the risk of altitude sickness.
2. **Take Rest Days:** Scheduled rest days are essential for acclimatization, especially after significant altitude gains. Spending extra time at midpoints such as Urdukas or Concordia can make a considerable difference in reducing symptoms of AMS.
3. **Follow the "Climb High, Sleep Low" Rule:** This principle involves ascending to a higher elevation during the day and then descending to sleep at a lower altitude. This gradual exposure helps the body adjust more efficiently.
4. **Stay Hydrated and Well-Nourished:** High-altitude conditions can cause dehydration faster than usual. Drinking at least 3-4 liters of water daily is crucial, as hydration improves circulation and helps acclimatization. Also, maintaining a nutrient-rich diet with carbohydrates provides energy and improves oxygen usage in the body.
5. **Avoid Alcohol and Tobacco:** Both alcohol and tobacco can impair breathing and acclimatization by dehydrating the body and reducing oxygen absorption. It's advisable to avoid these substances entirely during the trek.
6. **Recognize and Respond to Symptoms Early:** Learning to recognize early signs of altitude sickness is critical. If mild symptoms such as headaches or nausea develop, rest and hydration may alleviate them. However, if symptoms worsen, descending to a lower altitude is essential to prevent severe AMS, HAPE, or HACE. Trekking with experienced guides, like Skardu Trekkers, ensures that these symptoms are closely monitored and managed.

7. Medication Options: Some trekkers use medication like acetazolamide (Diamox) to aid acclimatization by stimulating breathing and improving oxygen absorption. It's essential to consult a healthcare provider before using any medication and understand the possible side effects.

Typical Altitude Profile on the K2 Base Camp and Gondogoro La Trek

- ✚ Skardu (2,228 m / 7,310 ft): Starting point.
- ✚ Askole (3,048 m / 10,000 ft): Acclimatization begins here with a gradual altitude increase.
- ✚ Paiju (3,383 m / 11,100 ft): Often a rest day here helps acclimatization.
- ✚ Urdukas (4,061 m / 13,320 ft): Another key acclimatization stop.
- ✚ Goro II (4,271 m / 14,010 ft): The altitude becomes challenging; careful monitoring of symptoms is essential.
- ✚ Concordia (4,691 m / 15,390 ft): Base point to K2 Base Camp, one of the highest points on the trek.
- ✚ Gondogoro La (5,585 m / 18,323 ft): The trek's high point; climbers should be fully acclimatized before attempting the pass.

Importance of Professional Guidance

Given the altitude and risks, trekking with a professional team like Skardu Trekkers ensures a well-paced itinerary with planned acclimatization stops and expert guidance. Experienced guides can recognize early symptoms of AMS and provide quick responses to prevent severe complications, which is especially vital in the remote terrain of the Karakoram.

A structured acclimatization plan, combined with hydration, rest, and gradual ascent, can make a significant difference in safely reaching K2 Base Camp and crossing Gondogoro La.

Symptoms of AMS

- Headache
- Nausea and vomiting
- Dizziness or lightheadedness
- Fatigue
- Loss of appetite
- Difficulty sleeping
- Shortness of breath

Symptoms of HACE

- Severe headache
- Confusion
- Loss of coordination (ataxia)
- Drowsiness or lethargy
- Vision disturbances
- Hallucinations
- Coma (in severe cases)

Symptoms of HAPE

- Shortness of breath
- Persistent cough with frothy or pink sputum
- Fatigue and weakness
- Rapid heartbeat
- Increased respiratory rate
- Bluish discoloration of skin

FIRST AID KIT

Trekking in remote areas means limited access to medical resources, making it essential to prepare for minor health issues that might arise. With a well-stocked basic medical kit and proper knowledge, many common problems can be managed. The principle "primum non nocere"—first, do no harm—guides us to use only what we're familiar with. When in doubt, it's best to administer first aid and seek professional assistance, possibly by phone. The UIAA (International Union of Alpine Associations) advises carrying a compact, easy-to-use first aid kit with clear instructions, enabling trekkers to handle minor issues independently or after consulting a doctor.

Recommended Items for a Trekking Medical Kit:

- ✚ Antibiotics: Zithromax 500 mg (3 tablets)
- ✚ Gastrointestinal relief: Tanagel sachets, Almax tablets
- ✚ Pain and inflammation relief: Neobrufen 600 mg (40 tablets), Paracetamol 500 mg or Aspirin, Actira tablets
- ✚ Stomach protection: Omeprazole tablets
- ✚ Skin and wound care: Flutental cream, Fucidine cream, Steri-Strips, sterile gauze pouch, small Betadine bottle, cloth tape (5 cm), small scissors, tweezers
- ✚ Anti-allergic: Polaramine tablets
- ✚ Eye care: Chivrouvelin eye drops
- ✚ High-altitude support: Edemox tablets
- ✚ Sun and hydration support: Sunblock cream, glucose or Isostar tablets
- ✚ Anti-diarrheal: Fortasec tablets
- ✚ Anti-cold: Romillary tablets
- ✚ Anti-inflammatory: Urbason 40 mg ampoule with syringe
- ✚ Miscellaneous: Compeed, bleach in a small opaque bottle (for food safety), elastic band (10x10 cm), small cream

VACCINATION AND MEDICAL

Before traveling to Pakistan, it's recommended to seek professional advice from a travel clinic or local GP on necessary vaccinations. Additionally, a dental check-up is advisable since there are no dental facilities on the trek.

Our team carries a comprehensive first aid kit, including high-altitude medications, antibiotics, and other essential medicines. Feel free to contact us if you'd like the full list of items in our medical kits.

Training and Medical Preparation:

Physical fitness is crucial for enjoying the remarkable landscapes, so preparing physically for the trek is beneficial. A medical exam is also essential to address any potential health concerns that could worsen in remote areas.

Medical Preparation Checklist:

- ✚ Consult your family doctor about any health issues that could be problematic due to isolation on the trek.
- ✚ Know any medication allergies and health conditions (e.g., stomach issues, back pain, migraines) that may be triggered by physical exertion.
- ✚ Blood pressure check and a basic blood test, especially if not done in the last two years.
- ✚ Comprehensive exam; For those over 40, a more detailed check-up with an electrocardiogram is recommended.
- ✚ Ear and eye care :If you have ear issues, consider getting your ears checked for wax buildup. Bring spare contact lenses or glasses after a recent eye check-up.
- ✚ Dental examination to reduce the likelihood of issues on the trek.

Vaccinations:

While a COVID-19 vaccination is mandatory, it is also recommended to have up-to-date tetanus and other routine immunizations. It's best to follow advice from a health professional regarding additional vaccinations.

CONNECTION

During the K2 Base Camp and Gondogoro La Trek, Internet access is available at Concordia and K2 Base Camp, and we'll set up a WiFi connection if the network permits. For added communication and safety, we also bring along a Thuraya satellite phone, which can be used for logistical coordination, emergency situations, and personal calls. For personal use, calls are charged at £3 (US\$5) per minute, and SMS messages cost £2 (US\$3) each to send or receive.



A TYPICAL DAY ON TREK

A typical day on the trek begins early with a wake-up call around dawn, accompanied by a warm drink brought to your tent to help you shake off the chill of the night. After breakfast, which usually includes high-energy foods, you'll pack up and prepare to set off for the day's trek. The morning hike typically lasts a few hours, allowing you to cover a good distance while temperatures are cooler.

Around midday, you'll break for lunch at a scenic spot along the trail. This break also provides a chance to rest, hydrate, and enjoy the stunning views around you. The afternoon hike continues at a steady pace, with guides pointing out landmarks, wildlife, or interesting geological features along the way.

By late afternoon, you'll reach the designated campsite for the night. After setting up camp, you'll have time to relax, take photos, or explore nearby areas. Dinner is usually served early, giving you time to enjoy a warm meal and share stories of the day with your fellow trekkers. Evenings on the trek are peaceful and quiet, with an opportunity for stargazing before turning in for a well-deserved rest to recharge for the next day's adventure.

FOOD

In Islamabad, you'll find a diverse selection of excellent restaurants to explore. Some popular choices include Kabul Restaurant and Larosh Restaurant in Committee Chowk, both known for their delicious Pakistani cuisine, as well as Omar Khayam, which offers flavorful Iranian dishes. Each morning, your hotel will provide breakfast to start your day right.

While trekking, you'll enjoy a hearty breakfast featuring porridge, cereal, toast or chapattis, omelets, and a variety of hot drinks. Typically, a hot lunch is prepared by the trek crew, and on longer trekking days, a packed lunch will be provided after breakfast. Upon reaching camp in the afternoon, you'll be greeted with tea and biscuits, followed by a satisfying three-course dinner that includes soup, a main course, and dessert. We make sure to bring along fresh vegetables and meat (including chicken and goat) to enhance the main meals, ensuring you stay energized and well-fed throughout your adventure.

CLIMATE

The traditional trekking season in Pakistan runs from June to September, offering a varied climate that depends significantly on altitude and the time of day. In the mountainous regions between 1,000m and 3,500m, nights are typically cool, averaging around 5°C. However, daytime temperatures can soar, reaching as high as 40°C in lower elevations. It's essential to stay hydrated and protect yourself from the sun, so be sure to bring plenty of water, a sunhat, and sunscreen.

At higher altitudes, temperatures can fluctuate dramatically, ranging from approximately 20°C during the day to -10°C at night. Mornings usually start clear, with clouds often forming in the afternoon, only to dissipate at night, revealing breathtaking starry skies.

In Rawalpindi and Islamabad, the climate during this period is hot and humid, with temperatures typically ranging from 30°C to 46°C. In contrast, Skardu, located at 2,340m, enjoys cooler temperatures, making it a refreshing destination before heading into the higher elevations.

CLOTHING AND EQUIPEMENT

For the K2 Base Camp trek, it's essential to pack appropriately to ensure comfort and safety in varying weather conditions. Below is an overview of the clothing and equipment you'll need:

Clothing

- ✚ **Base Layers:** Moisture-wicking long-sleeve shirts and thermal underwear
- ✚ **Insulating Layer:** Fleece or down jacket for warmth
- ✚ **Outer Layer:** Waterproof and windproof jacket and pants
- ✚ **Trekking Pants:** Quick-drying and breathable trekking pants
- ✚ **Warm Hat and Gloves:** To protect against cold temperatures
- ✚ **Sun Hat:** To shield from sun exposure during the day
- ✚ **Trekking Socks:** Thick, moisture-wicking socks, preferably wool
- ✚ **Footwear:** Sturdy trekking boots with good ankle support, and lightweight sandals for camp
- ✚ **Buff or Neck Gaiter:** For additional warmth around the neck

Equipment

- ✚ **Sleeping Bag:** A suitable sleeping bag rated for cold temperatures is crucial for comfort at night.
- ✚ **Day Backpack:** A small backpack for daily essentials such as warm clothes, a jacket, camera, water bottles, personal first aid kit, and snacks.
- ✚ **Duffel Bag:** For your main equipment, which will be carried by a porter; ensure it is clearly marked for easy identification.
- ✚ **Weight Limit:** The maximum weight allowance for your duffel bag is 13 kgs. Additional charges will apply for extra weight that requires additional porters.

Be sure to check the list of clothing and equipment provided in the Appendix below for any specific items recommended for the trek. Packing wisely will help ensure a successful and enjoyable experience as you make your way to K2 Base Camp.

VISA REQUIREMENTS

For a tourist visa, the Pakistan Consulate requires an Invitation Letter from a licensed tour operator in Pakistan, along with a copy of the Pakistani identification of the individual who issued the invitation. We will provide this letter to assist you with your visa application process.

Additional Pakistan visa documents required to submit along with Pakistan Visa Application:

TREKKING PERMIT

We require the following personal information in order to process the trekking permit:

- + **Passport details:** name, nationality, passport number, date & place of issue & expiry date
- + **Home address**
- + **Profession**
- + **Two passport photographs**

INTERNATIONAL FLIGHTS

We do not arrange international flights for our holiday packages. All package prices cover land-only services, starting from your arrival in Islamabad.

INSURANCE

Having reliable travel insurance is essential for this trek, as emergency rescues can be very costly. We strongly recommend that all participants secure a suitable insurance plan.

Insurance Coverage: Carefully review your policy's Terms and Conditions to ensure it covers the following:

1. The specific activity, such as touring, trekking, or mountaineering.
2. The maximum altitude of the expedition, which reaches up to 5,100m.
3. Helicopter evacuation in case of emergency.

Financial Responsibility: Be aware that any expenses incurred for evacuation or repatriation will ultimately be your responsibility, and you will need to cover any associated costs.

Emergency Decision Authority: Please note that, in certain situations, our

guide may initiate a rescue before contacting your insurance provider if deemed necessary for your safety. While we do not specifically endorse any providers, here are a few insurance companies to consider for your convenience.

Some Insurance Companies

Here are some insurance providers that often offer coverage for trekking and high-altitude expeditions:

- ✚ World Nomads (up to 6000m)
- ✚ HCC Medical Insurance Services LLC, Ph: +1-800 605 2282
- ✚ Snowcard, (UK) Ph: +44 (0)1295 660836
- ✚ The B.M.C. (UK) Ph: +44 (0)161 445 6111
- ✚ Travelex Insurance Services, Ph: +1-800 228 9792
- ✚ Dogtag, (UK) Ph: 0800 036 4824 (UK residents only)
- ✚ Insure for Less (Australian nationals only)
- ✚ True Traveller Insurance Ph: 0333 999 3140 for treks including over 4500m
- ✚ J S Insurance, (UK), Ph: +44 (0)844 848 1500
- ✚ Rothwell & Towler (UK) Tel: +44 (0)845 908 0161
- ✚ Austrian Alpine Club (UK) Ph: +44 (0)1929 556870 Treks & Tour

CULTURAL CONSIDERATION

In Pakistan, traditional values heavily shape society, with strong patriarchal influences and cultural norms derived partly from Islamic customs. Women are traditionally seen as the heart of the household, fulfilling roles as homemakers and caregivers, and spending much of their time within the home. Outside the home, attire reflects cultural modesty: in rural areas, women may wear a burqa that covers them entirely, while in major cities, a headscarf or dupatta that covers the hair and chest is more common.

For visitors, a few cultural nuances can help show respect and understanding:

- **Right-Hand Etiquette:** In Pakistani culture, the right hand is considered

more respectful, so it's customary to use only this hand for eating, giving, and receiving items.

- **Food Sensitivities:** Avoid bringing any pork products into Pakistan, as they are strictly prohibited.
- **Hospitality and Home Visits:** Pakistanis are famously hospitable. You might be invited to visit someone's home, even by a guide, cook, or porter. It's polite to remove your shoes before entering as a sign of respect.
- **Greetings and Body Language:** Among Pakistani men, handshakes are common, often with an added touch of placing a hand over the heart as a sign of respect. When greeting someone of the opposite sex, avoid initiating a handshake—wait for them to make the first move.
 - ✚ Additionally, avoid pointing the sole of your shoe or foot at anyone, and never step over any part of another person's body.

These cultural practices and small gestures go a long way in showing respect and appreciation for Pakistan's rich traditions, helping visitors to experience the warmth and hospitality of this fascinating country.

SUGGESTED READINGS

For those interested in exploring the rich history and dramatic stories of Pakistan's mountainous regions, here are some recommended books:

- ✚ K2: Life and Death on the World's Most Dangerous Mountain – Ed Viesturs and David Roberts
- ✚ Three Cups of Tea – Greg Mortenson and David Oliver Relin
- ✚ The Last Step: The American Ascent of K2 – Rick Ridgeway
- ✚ Karakoram: Climbing Through the Kashmir Conflict – Steve Swenson
- ✚ Trekking in the Karakoram & Hindukush – John Mock and Kimberley O'Neil
- ✚ Pakistan Trekking Guide: Himalaya, Karakoram and Hindu Kush – Isobel Shaw and Ben Shaw
- ✚ Alpine Journal and American Alpine Journal – Various authors
- ✚ K2: Triumph and Tragedy by Jim Curran
- ✚ Clouds from Both Sides: An Autobiography by Julie Tullis
- ✚ Regions of the Heart: The Triumph and Tragedy of Alison Hargreaves by David Rose and Ed Douglas
- ✚ Above the Clouds by Anatoli Boukreev

SERVICES INCLUDED

Services included for both International & local trekkers

- Implementation of government **SOPs/Guidelines** in case of new pandemic variants.
- All domestic flights (Checked Baggage Allowance: 20kg, Hand Carry: 7kg)
- All road transfers including airport transfers
- All hotel accommodation in Pakistan (twin sharing room)
- All trekking accommodation in Pakistan (twin sharing dome tent)
- All camping site fees and bridge fees
- All expedition supplies (all tents, non-personal equipment and tools etc)
- All meals (breakfast, lunch & dinner) and beverages/water during meals
- Snacks including dry fruits and tea/coffee during the trek
- Free refills of boiled drinking water on the trek
- Licensed professional guide (government requirement)
- Government trekking permit fees and paperwork
- Waste management fees (government requirement)
- Skardu city tour including all entry fees
- Support staff (cook, assistant(s) etc)
- Porters - personal luggage (14kgs)
- Storage service for baggage in Skardu (for leaving a bag behind in Skardu before going on the trek)
- First aid medicine kit (basic)
- Satellite phone
- for emergencies

SERVICES EXCLUDED

Services not included for both International & local trekkers

- Personal travel insurance (Recommendation/Rescue Partners: (**Global Rescue**))
- Visa to Pakistan (five supporting documents will be offered)
- International airfare
- Personal equipment (e.g. trekking shoes, down jacket, walking sticks etc)
- Personal mountain equipment (crampon, mountaineering boot, ice axe, harness, two carabineers, helmet etc)
- Extra nights in Islamabad (hotel check in/out is 12pm)

- Additional trek weight/baggage
- Storage service for baggage in Islamabad
- Tips/gratuities for guides, porters, staff etc
- Miscellaneous (minibar, bottled water, phone calls, laundry, souvenir etc)
- Early Windup/Return Costs (e.g. early return from trek due to any reason)
- Costs due to Force Majuro (e.g. earthquake, landslide, floods, etc)

MONEY

For the K2 Base Camp and Gondogoro La trek, managing money wisely is essential, as certain areas lack reliable banking options and ATMs. After calculating the trek's budget, assess what you can pay by credit card, particularly in larger cities like Islamabad or Skardu, to minimize the amount of cash you'll carry. It's wise to carry some money in smaller rupee denominations, as smaller bills will help for unforeseen expenses or purchases in remote areas.

Distribute your cash across two or three secure places—such as a neck pouch, money belt, or internal bag pocket—so if you encounter any loss, only a portion of your funds is affected. Both euros and U.S. dollars are easily exchangeable in Islamabad, and many exchange offices accept them at favorable rates. Additionally, credit cards are generally accepted in major cities and can serve as a helpful backup. For safety, consider a travel belt or money pouch to hold both your cash and essential documents throughout the journey.

LUGGAGE

For the K2 Base Camp trek, streamline your luggage to a minimum number of bags, aiming for a compact pack under 13 kg to avoid excess baggage charges and for ease of handling. Porters on the trek generally allow a maximum of 13 kg per person, along with a personal backpack. For smooth airport processing, arrive early, ideally three hours before your international flight, as check-in desks may become less accommodating closer to departure.

Your luggage should include a hand bag or backpack for essential and delicate items you'll need quick access to, such as comfortable footwear, a warm layer, a lightweight rain jacket, and a camera. Be prepared for varying temperatures and lengthy flight durations by packing items that ensure your comfort and self-sufficiency during transit.

For non-trekking days, lightweight, fresh clothes are recommended. Women are advised to wear modest clothing outside of trekking areas, such as loose-fitting and higher-neck attire. Avoid packing prohibited items, including knives, lighters, batteries, or other items restricted during security checks. For both international and domestic flights, stringent checks mean it's best to keep hand luggage simple and unobtrusive.

During the trek you should have these essential gears,

- ✚ Weather-resistant backpack and duffel bag
 - ✚ Layered clothing (base, mid-layer, waterproof outer)
 - ✚ Insulated gloves and thermal hat
 - ✚ Down jacket
 - ✚ Trekking boots and wool/synthetic socks
 - ✚ Lightweight camp shoes or sandals
 - ✚ Personal medical kit
 - ✚ UV-protective sunglasses
 - ✚ High-SPF sunscreen and hat
 - ✚ Trekking pole
 - ✚ Water bottle/hydration bladder
 - ✚ Water purification tablets or filter
 - ✚ Headlamp and spare batteries
 - ✚ Sleeping bag (sub-zero rated)
 - ✚ Lightweight snacks (energy bars)
- ✚ Lastly, upon your return, plan a relaxed day at home to properly unpack, recover, and review your gear.

PRECAUTIONS

To make the most of your K2 Base Camp and Gondogoro La trek, it's crucial to follow basic health and safety measures. From food and water precautions to personal hygiene and security, these tips will help ensure a safe, enjoyable adventure.

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- ✚ Set clock to local time
 - ✚ Use Wi-Fi (available in many places)
 - ✚ Avoid street food from stalls
 - ✚ Be cautious with fresh vegetables and unpeeled fruits
 - ✚ Avoid dairy products without a quality guarantee
 - ✚ Drink only bottled water with sealed caps
 - ✚ Avoid drinks with ice
 - ✚ Disinfect water with purifying tablets or chlorine bleach drops
 - ✚ Use iodine for effective water disinfection (4 drops per liter)
 - ✚ Prevent disease transmission (avoid using contaminated personal items)
 - ✚ Exchange currency gradually as needed
 - ✚ Avoid displaying money or valuables
 - ✚ Be mindful of local schedules and holidays
 - ✚ Keep hand sanitizer and use frequently
 - ✚ Carry a basic first-aid kit
 - ✚ Avoid touching your face and wash hands regularly
 - ✚ Check food expiration dates and packaging
 - ✚ Avoid close contact with stray animals
 - ✚ Use insect repellent to prevent mosquito bites
 - ✚ Wear a hat and sunscreen to avoid sunburn
 - ✚ Ensure medicines are securely packed and labeled
 - ✚ Keep valuables in a secure money belt or pouch
 - ✚ Don't share personal items (e.g., razors, toothbrushes)
 - ✚ Be cautious with local alcoholic beverages
 - ✚ Stay informed about local safety and health advisories
 - ✚ Secure accommodations and transportation in advance
 - ✚ Keep important documents and copies in a waterproof pouch
 - ✚ Use reliable trekking and transportation services
 - ✚ Familiarize yourself with local emergency contacts